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BULLETIN  
of the  
CANADIAN PHYSICAL EDUCATION ASSOCIATION

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THE CANADIAN PHYSICAL EDUCATION ASSOCIATION.

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Cadet Corps, Vancouver, B.C.,  
Flora Musgrave, B.A., Physical Education Instructress, King Edward High ✓  
School, Vancouver, B.C.

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FROM COAST TO COAST.British Columbia:

A most artistic and interesting programme has just been received of the First Vancouver Folk Song and Dance Festival with an Arts and Crafts Exhibition which was held in September, 1933. The programme is rich in folk songs and folk dances of many lands, and the exhibits of Arts and Crafts included such as net-making of Austria, Embroidery of China, Carving and Basketry of the North American Indians, Weaving, Pottery, and Potter's Wheel, etc., Free lectures were given during the four days of the Festival on such subjects as The Ancient Art of Steel Cutting, Totem Poles, Swedish Folk Tales, etc.,

During the past summer the cadet system was eliminated from the schools in Vancouver, which always presents a formidable challenge to physical education.

Mr. W.G. Brandreth, member of the Legislative Council from British Columbia, writes that the Physical Education Association in Vancouver is in a state of re-organization, which leads us to anticipate an interesting account for a future bulletin.

ALBERTA:

The Canadian Physical Education Association regrets the fact that this Province does not have representation on the Legislative Council. It is hoped that this situation will not exist for long but that the next bulletin will include an account of the professional activities in this Province.

SASKATCHEWAN:

Mr. Joe Griffiths, Physical Director for Men at the University of Saskatchewan, and President of the Physical Education Association, sends a most interesting letter.

We have organized our provincial branch, and everybody seems to be enthusiastic over the good that we can accomplish by co-operating with one another, and also over the prospect of intercourse with other leaders of our profession which will be a great help in working out many of the problems which beset us.

Our provincial organization is a very strong one. Dr. W.C. Murray, of the University of Saskatchewan, is Honorary President, Miss L.I. Cartwright Secretary-Treasurer, Miss M. Wright, B.A., Dept. of Physical Education for Girls at City Park College, Mr. George Ward, Director of Playgrounds for Saskatoon, are on the Executive Committee with myself as chairman.

We have almost everybody from the larger towns of the Province, who are engaged in the work of Physical Education, interested in our organization.

MANITOBA:

The following news comes from Mr. Robert Jarman of Winnipeg, one of the Vice-Presidents of our Canadian Physical Education Association:

"Manitoba Physical Education Association"

President: Robert Jarman, Director of Physical Education for the Province of Manitoba.

Vice-Pres: Miss D.Jackson, Director of Health Education, Dept. YWCA, Winnipeg, Manitoba.

Secretary-Treasurer: Miss Wylie, Assistant Director of Health Education, Dept. YWCA, Winnipeg, Manitoba.

Committee: Mrs. R.A. Roberts, Winnipeg, Manitoba.

Mr. W. Youmans, Manitoba Agricultural College,

Miss H. Hoole, Kelvin High School, Winnipeg, Manitoba.

Mr. A.V. Piggott, Isaac Newton High School, Winnipeg, Manitoba.

Mr. McKenzie, Neepawa Collegiate, Neepawa, Manitoba.

Ontario contd.

High Schools, Separate Schools, Private Schools, Y.M.C.A., Y.W.C.A. Playgrounds, and any other organized Unions who have the desire to sit with us and help us further the objectives of our parent organization The Canadian Physical Education Association".

A.A. Burridge, B.A.,  
McMasters University,  
Hamilton.  
President, Ontario Physi-  
cal Education Association.

QUEBEC:

Mr. K.H. Murray, President of the Quebec Physical Education Association, and member of the Legislative Council, sends in the following report:

"The Association has had varying success in the years that it has carried on. There has been a need for the organization and it has done tremendous good in getting those interested in physical education together; in stimulating them to better efforts, and in providing a leadership.

During the intervening years varying programmes have been carried out. Most of the outstanding leaders in the field in the American Physical Education Association have been our guests at one time or another. Discussion groups have been quite popular. Papers have been read by the members. Committees have been appointed to work out some phase of the work, and some of them are still carrying on with their assignments.

The work of the Association has been successful but there is still much to do. Perhaps in the past we have been too intent upon our own education, and not enough upon the education of the general public. The athletic life of our youth needs more attention than it has been getting. Matters of policy need to be more definitely outlined. We can see improvement in the Province of Quebec but important work is getting ahead of us. We have accepted the challenge, and we are looking forward to a season full of activity.

The officers for the coming year are as follows:

Honorary President:	Sir Arthur Currie, Principal, McGill University,
President:	K.H. Murray, Westmount High School,
Vice-President:	Mr. Cockhill, Commercial High School,
Past President,	Miss J.W. Lerrillott, McGill University,
Secretary-Treasurer,	Miss Ruth Larvey, McGill University,
Committee Members:	Miss Doris Bain, Public Schools, Montreal, Miss Mabel Howard, Strathcona Academy, Miss Stella Day. Y.W.C.A. Montreal.

THE MARITIMES:

The following news has been received from Miss Leila Werthy, member on the Legislative Council representing the Maritimes:

"I think I can safely say, in regard to athletics, that we are all making a stand against boys' rules for girls in Basketball. Until recent years athletics for girls did not hold a very important place, but now that they are coming to the fore we feel they should create standards of competition that will remain within bounds of their physique and health. We hope to arrange a representative meeting in the spring, and in the meantime I will get in touch with the others in the Maritimes, and report our progress".

Even a casual observer cannot fail to be impressed by the spacious and well equipped stadia, in every city. These consist not only of a main field but also of many games fields, dancing and gymnastic circles, swimming pools, tennis courts, and gymnasia. Even the comparatively small city of Nuremburg has a stadium second in size only to that of Berlin. The smallest town has its sports field and swimming pool.

Like everything else in Germany at the present time, Physical Education programmes are undergoing considerable alteration, but one may safely predict a greater increase in the time allotment and equipment for this subject in all schools and a return to formal mass instruction".

Zereda Slack, B.A.,  
Asst. Physical Director for Women,  
McGill University, Montreal.

#### England

Two very interesting letters have been received of study during the past summer at the English Scandinavian Summer School at Sturry, Kent, England. Selections have been made from the two letters with the intent not to duplicate information.

"The English Scandinavian Summer School is held annually at Kings College Junior School, Milver Court, Sturry, Kent. This summer was the eleventh annual session of the school.

The main features of the course was the gymnastics of Froken Elli Bjorksten who is at the head of the physical education at the University of Helsingfors, Finland. She has given to the educational world her own interpretation of Ling's gymnastics which she found to be too strenuous and difficult for women.

The method is an easy and graceful way of exercising the muscles of the body at the same time giving sufficient movement and co-ordination to strengthen and build it up.

Bjorksten gymnastics may be done with or without music but it is not advisable to use music unless the teacher and pupils understand the relationship between the two.

The school was divided into three groups, one of beginners, one of girls who had attended two or three sessions, and one composed of girls who had attended several sessions. Each group had an hour's gymnastics every morning and either a class in Scandinavian Country Dancing, Games, or Track work. In addition the three groups together had a lecture on Theory of Physical Education.

Apart from the benefits and new ideas derived from the course each student realized what a great privilege it was to meet and associate with girls from other countries. One returned to one's own country with a deeper understanding and appreciation of "the other fellow". Thus a closer bond of friendship is formed".

Margaret Currie,  
Ottawa Ladies College, Ontario

"We know accurately only when we know little;  
with knowledge doubt increases". Goethe-Spruche in Prosa.

England contd.

The English Scandinavian Summer School is held each year during the month of August at Sturry, which is a charming English village just two miles from Canterbury. The school was founded ten years ago, and students from fourteen nations have at one time or another been members of the course. This summer there were two hundred students which included several from Norway, Sweden, Finland, France, South Africa, the United States, and four from Canada.

The time table is arranged for four hours' work during the morning. This includes gymnastics, Scandinavian Folk Dances, Games, Athletics, Lectures, Demonstrations, and Discussions. The afternoon is devoted to the coaching of swimming and diving, practice and coaching in games such as tennis, cricket, ground hockey, lacrosse, net ball, and rounders. The grounds which are extensive offer plenty of space for the various playing fields. A splendid outdoor swimming pool has diving boards at many heights.

The whole course was not only most interesting and instructive but was also\* fun and an excellent holiday".

\*great

Dorothea L. Moore,  
Miss Gascoigne's Private School,  
The Study, Montreal.

"The picturesque old cathedral city of Hereford is an ideal setting for a summer vacation school of folk dancing. The rich green peaceful countryside of Western England puts one into the right frame of mind to study and appreciate the ancient dances of this lovely country. A course was held there this summer under the auspices of the English Folk Dance and Song Society, from July 29th to August 12th.

The school, directed by Mr. Douglas Kennedy, officially opened with a country dance party where one renewed acquaintances and met new friends. Work began in earnest the following Monday, and each morning the session lasted from nine to one fifteen, including classes in Morris, Sword, and Country Dancing. A welcome break occurred in the middle of this session and at this time the staff gave demonstrations, the simple beauty of these dances appealing afresh as one watched them performed by artists. Occasionally there were classes for an hour in the afternoon, and the evenings were utilized for country dance parties, lectures, or public presentations by the Staff. Some of the country dance parties were held on the castle green, a veritable fairy land, the multi colored dresses of the dancers contrasting with the lawns and trees, the old square towered cathedral, and a sunset sky making an ideal background. After dusk, gay lighting effects added to the natural beauty of the scene".

Dorothy M. Charman,  
Duke of York School,  
Toronto.

"The improvement of the understanding is for two ends; first, for our own increase of knowledge; second, to enable us to deliver and make out that knowledge to others".

Locke - Some Thoughts Concerning  
Reading and Study.

Scotland.

"During the past summer I was fortunate in being able to spend two weeks taking the course in Scottish Country Dancing. A great many of the people who take this course do not try the examination, but come merely for the pleasure of dancing. Some of those attending were taking their holidays in this way and enjoying themselves thoroughly.

The course is held in the beautiful University Hall of St. Andrews with its lovely grounds and the hills in the background—an ideal spot in which to stimulate a love of Scottish dancing.

The movement to revive interest in this art was started only in quite recent years but under such an enthusiastic leader and remarkable teacher as Miss Jean Milligan there could be nothing but success ahead.

Unlike English Country Dancing, Scottish Dancing is intended solely for the ballroom so naturally it is more restrained. Every toe must be placed just so, every back must be flat, and every head held high or the deportment will be too poor to be Scottish.

Classes in country dancing are held for three hours every morning, and one hour in the afternoon is devoted to learning highland steps. This class was taught by a real highlander who swung his kilt and played his violin while he taught. The evenings were devoted to social dancing.

No one ever thought of wanting a foxtrot or waltz. Once having danced the Schottische with the bagpipes for music, modern dancing seemed so slow as to be almost motionless.

It was an intensely interesting two weeks, enjoyable not only for the sake of the dancing but also for the great pleasure in being among those most hospitable of people—the Scotch."

*Mollie Gordon,  
Bishop Strachan  
School,  
Toronto,*

Denmark

"Madam Ignete Bertram, of Copenhagen, Denmark, is the originator of a type of gymnastics known as 'natural gymnastics' and in these she has something very interesting to contribute to physical education.

Madam Bertram has written and arranged series of rhythmical exercises to the accompaniment of selections from Bach, Beethoven, Schumann, and other classical composers. A translation from her book says, - 'these exercises, based on the natural movements of the body do not counteract the natural laws of movement, that is, there is a family likeness between these physical movements and the unconscious movements of daily life'.

She has carefully studied the differences between exercises suitable for men and those more fitted to the anatomical structure of women. The purpose of her 'system' is to introduce more life and action into the exercises, to create in carriage and posture a sense of beauty and grace muscular control, and balance. Balance is taught and progressed from the smallest junior classes right up through the grades. The wee ones walk on a piece of string placed on the floor and gradually progress to balance exercises of great difficulty both on the floor and on the beams.

The Summer School of Physical Education, 1934. Arrangements for the Physical Education Course in connection with the Manitoba Summer School are not yet completed. The course will be of a month's duration, and will be held at the University of Manitoba, Fort Garry, during July. Further particulars of this course will be issued later.

Preparatory Physical Education in Y.W.C.A. First Year Work. The Winnipeg Y.W.C.A. has arranged a Preparatory Physical Education Course for Senior High School and University students interested in Physical Education as a vocation, or in other phases of group leadership.

The work, including Practical, Theory and Field work, covering a period of two years, has been chosen as a foundation for the more intensive training of a Physical Education School.

The various angles from which the practical work is approached and the concrete link between the theory, and the practical demonstration of the theory with organized groups, either within the Y.W.C.A. or in the community, is perhaps the outstanding feature of this course. The following is only a partial and brief outline:- Swedish Gymnastics and the Theory of Swedish Gymnastics is given, to form a firm foundation upon which, and out of which, Danish, Finnish, and German Expression Gymnastics can be viewed with a discerning eye. The members of this group will be responsible for compiling a series of Swedish gymnastic tables suitable for girls of Junior High School Grade age, and following the approval of these tables, will present them to organized groups. Knowledge of modern trends in Physical Education will be required, but during the first year Swedish Gymnastics will form the basis of the practical work from a teaching point of view.

A carefully chosen loan library of Physical Education Text books and magazines has been placed at the disposal of the students.

A second and important branch of Physical Education which will be taken as an intensive study and for experiment is that of Active Land and Water Games. Each member will be responsible for the teaching of active games to Junior, Intermediate and Senior groups in the gymnasium, and will compile individual records of games suitable for the various ages. In connection with the Water Games, already a series of original and adapted games for Indoor Swimming pools has been started; this is to be enlarged and individual copies made by each member.

To give the students an interest in subjects indirectly but vitally connected with any form of leadership, the programme also includes:

1. A St. John's Ambulance Course,
2. The Royal Life Saving Society Bronze Medallion and First Class Teacher's Certificate.
3. A Training in Parliamentary Procedure.
4. Professional Standards and Ethics.
5. Religious Education.

This work is under the direction of Miss Dorothy Jackson, Physical Director, Y.W.C.A.

Ontario:

The Summer School of Leisure and Recreational Leadership held at Lake Couchiching under the direction of the Y.M.C.A. proved to be a Summer School with a real vacation, a training school imbued with a good community spirit which offered both intellectual and religious inspiration. The curriculum offered practical and theoretical work on many phases of physical education, instruction in sketching, painting, and block printing, dramatics, handicrafts, and community singing. The appropriate forms of outdoor worship were experiences never to be forgotten.

Fettercairn Island, Ontario, is the Dominion Summer Training Centre of the Canadian Girl Guides Association. It is situated on Indian Lake of the Rideau Chain of Lakes, and is reached by way of Chaffey's Locks. It is open during the months of July and August when courses of a week's duration are offered for Commissioners and Guiders in General Guide Training, Brownie Training and Woodcraft. Instruction in swimming and boating is given in all the courses. The summer of 1933 was the fifth year that this attractive centre has been operating. Only twenty Guiders are accepted for a course, and Guiders may register for one or two consecutive courses. The fact that last summer there were Guiders from British Columbia, Manitoba, Ontario, Quebec, Nova Scotia, Barbados, England, Scotland, and Australia, shows that Fettercairn Island could almost be called an Imperial Training Centre as well as a Dominion one.

A Physical Directors' Refresher Course sponsored by the National Committee of Health and Physical Education of the Y.W.C.A. will be held in Toronto from May 25th - 31st, 1934. Among the interesting items on the programme are the following:

Fundamentals by Miss Kathleen Pepler, Margaret Eaton School,  
Outline of Health Talks suitable for use in Local Associations  
by Dr. Edna Guest.

Demonstration by students of the Margaret Eaton School,  
Survey of Health Education Work on the Gym. Floor, in the Pool,  
by Sports, and by Health Talks.

European Travel and Study for Physical Directors  
by Miss Helen Bryans. University of Toronto,  
Demonstration of Work with Business Girls' Class  
by Miss Irma Moyer.

Word has just been received from Mr. A. A. Burridge of an outstanding programme being promoted in swimming. For lack of facilities the Secondary Schools have not stressed the activity but at present the fine Hamilton municipal swimming pool is being used, the Hamilton Aquatic Club developed, and under the leadership of Mr. W. Childs and a Board of Governors, a new impetus has been given. Mr. Jimmie Thompson, member of 1928 Olympic Team was engaged to conduct play activities, and Mr. Corson, of international fame was invited to assist. In order to encourage attendance of school children, free transportation was arranged for those more than a mile distant. Definite assigned hours are given to various groups and all high schools have active groups participating. Water Polo, intergroup, interschool, and informal swimming is promoted as well as an intensive programme of Learn-to-Swim and advanced classes for swimming and diving. Frequent dual meets between the



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